

## Calf Muscle

**Dorsiflexed Calf Stretch**



**Straight-Leg Calf Stretch**

**Bent-Leg Calf Stretch**



\*Straight and bent rear leg

**High Plank Calf Stretch**



## Quadriceps & IT Band

**Standing Quad Stretch**



**IT Band Stretch**



## Hamstring

**Standing Hamstring Stretch**



**Supine Hamstring Stretch**



## Glutes & Abductors

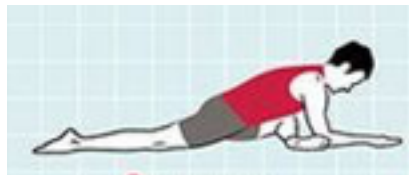
**Supine Glute Stretch**



**Outer Thigh Crossover Stretch**



**Pigeon Pose**



## Hip Flexors & Adductors

### Lunge Hip Flexor Stretch



\*hands on hips

### Butterfly Stretch



## Lower Back

### Knee Hug Stretch



### Knee Crossover Stretch

